



On Wednesday, May 2, 2012, Governor Jack Markell along with the DelaWELL Health Management Program will be hosting the very popular:

## Governor's Cup 5K Run/Walk, 1 Mile Noncompetitive Fun Walk and Health Fair

Location:

**Woodburn (The Governor's House)**  
151 Kings Highway Dover, DE 19901

Event registration starts March 1<sup>st</sup> and is only open to  
State of Delaware Employees and Pensioners

**Limit of 500 Participants (First Come, First Served)**  
Last day to register is April 18th

To learn more and/or register for this event, visit [www.delawell.delaware.gov](http://www.delawell.delaware.gov) and click on the "Governor's Cup 5K" link.

## Schedule of Events

**Wednesday, May 2, 2012**

**11:00 a.m.** – Pre-Event with Health Fair and Race Number Pick-Up

**11:45 a.m.** – Governor Markell Welcomes Participants

**12:00 p.m.** – Race Starts

**1:00 p.m.** – Awards and Refreshments

- **FREE** – no entry fee
- Each participant will receive a **DelaWELL Governor's Cup 5K T-Shirt** on the day of the event
- Various **Health Fair** vendors will be onsite with resources and giveaways
- **Race Awards for 5K Run and 5K Walk**
- A **Governor's Cup** will be awarded to a large and small agency with the most event participants, as well as the agency with the most online Wellness Assessment participants

Physical Activity - Awards - Giveaways - Refreshments